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**Civil War at a Glance.** 103X. \$2.00 This full-color map illustrates & describes major Civil War battle campaigns. 1995. DOI

**How to Become President of the United States Poster.** 600X. **Free** Colorful, informative poster helps kids understand the process of becoming President. 2011. FCIC

**National Standards for K-12 Personal Finance Education.** 506X. **Free** Describes financial choices children should be able to make at various ages. 44 pp. 2010. TREA

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**Smart Saving for College—Better Buy Degrees.** 509X. **Free** Covers 529 Plans, Coverdell Ed. Savings Accts, Savings Bonds. 24 pp. 2010. SEC (en español. 809X)

**Space Shuttle Bookmarks.** 113X. \$2.50 Commemorative set of 5 colorful, informative bookmarks, each featuring a different shuttle mission. 5 pp. 2011. NASA

## employment

**Job Dislocation: Managing the Financial Impact of Unexpected Job Loss.** 527X. **Free** Tips on how to keep finances on track, manage benefits and avoid fraud. 7 pp. 2010. FCIC (en español. 848X)

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## family

**Ask, Listen, Learn—How to Talk to Your Adolescent About Alcohol.** 510X. **Free** Explains dangers of alcohol, tips on starting a conversation with teens. 7 pp. 2005. FCIC

**Ask, Listen, Learn—You Are What You Drink.** 511X. **Free** Kid-oriented guide with games, trivia cards with alcohol facts, tips on avoiding peer pressure. 4 pp. 2008. FCIC

**Funerals: A Consumer Guide.** Online **Only** Know your rights as a consumer and what to keep in mind when making funeral arrangements. 29 pp. 2000. FTC

## pets

**Keeping Your Best Friend Active, Safe and Pain Free.** 503X. **Free** Non-steroidal anti-inflammatory drugs help dogs with pain from arthritis, surgery. 6 pp. 2008. FDA

**Pet Turtles: A Common Source of Salmonella.** 502X. **Free** Turtles carry salmonella, which can make you very sick. Learn how to avoid infection from pet turtles. 5 pp. 2008. FDA

## federal programs

**For Public Sale! Used Federal Government Personal Property.** Online **Only** How to buy items from construction vehicles to computers, jewelry. 2 pp. 2010. GSA

**Guide to Burial at Arlington National Cemetery.** 539X. **Free** Explains eligibility requirements, services offered for military funerals at Arlington. 31 pp. 2003. ANC

**Your Right to Federal Records.** 590X. **Free** Use the Freedom of Information and Privacy Acts to obtain records from the government. 21 pp. 2011. DOJ/GSA/WH

**Your Social Security Number and Card.** 515X. **Free** Explains why we have Social Security numbers, when and how to get one. 2 pp. 2009. SSA (en español. 837X)

## benefits

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**Social Security: Get Your Payments Electronically.** 514X. **Free** Check recipients must switch to electronic payments by March 2013. All new applicants get paid electronically. 8 pp. 2011. SSA (en español. 812X)

**Social Security: Understanding the Benefits.** 518X. **Free** Provides details of retirement, disability, survivor benefits, Medicare, Supplemental Security Income. 21 pp. 2012. SSA (en español. 841X)

**Social Security: What Every Woman Should Know.** 523X. **Free** How disability, divorce, widowhood, retirement affect benefits. 24 pp. 2009. SSA (en español. 844X)

**Social Security: When To Start Receiving Retirement Benefits.** 522X. **Free** Things to consider when making this decision. 2 pp. 2008. SSA (en español. 843X)

## food

**Diabetes Recipes.** 565X. **Free** Five tasty, easy recipes for diabetics. Nutrition info included. 5 pp. 2005. FDA (en español. 806X)

## health

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**Health Scams.** 576X. **Free** Learn to recognize scams before you get taken. Includes examples of typical health scams. 2 pp. 2010. FDA (en español. 807X)

**Life Changes Require Health Choices. Know Your Benefit Options.** 521X. **Free** Marriage, childbirth, death, divorce: All change the health care options available to you, your family. Learn how to get the right coverage at every stage. 2 pp. 2010. DOL

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**Tattoos and Permanent Make-Up.** 536X. **Free** Describes types of tattoos, risks in getting one, costs & approaches to removing one. 2 pp. 2010. FDA (en español. 851X)

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## drugs & health aids

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**Giving Over-the-Counter Medicines to Children.** 504X. **Free** Provides a checklist of things to know and do before giving OTC medicines to children. 5 pp. 2010. FDA

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**Insulin.** 594X. **Free** Facts about insulin and its use in controlling diabetes, including types, brand names, devices such as needles, pens, jet injectors. 12 pp. 2010. FDA

**Menopause—Medicines to Help You.** 552X. **Free** Learn about the three types of hormone replacement therapy and their side effects. 10 pp. 2010. FDA

**Menopause & Hormones: Fact Sheet.** 551X. **Free** Explains benefits, risks of treating symptoms of menopause with hormone therapy. 2 pp. 2010. FDA (en español. 804X)

**Menopause & Hormones: Purse Guide.** 550X. **Free** Questions to ask your doctor about hormone therapy for help with menopause. 2 pp. 2010. FDA (en español. 803X)

**My Medicines.** 557X. **Free** Easy-to-follow guide with questions to ask your doctor and a chart to keep track of your medications. 6 pp. 2010. FDA (en español. 802X)

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## exercise & diet

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## housing

### financing & sales

**Beware of Foreclosure and Loan Modification Scams.** 526X. **Free** Describes common scams, signs, whom to contact. 2 pp. 2009. FDIC (en español. 814X)

**Twelve Ways to Lower Your Homeowners Insurance Costs.** **Online Only** Practical tips and phone numbers of state insurance departments to call for more information. 4 pp. 2004. FCIC

## home maintenance

**Flood Preparation and Safety.** 588X. **Free** What to do before, during a flood to protect possessions, stay safe. 10 pp. 2007. FEMA

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## money

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**When Is Your Check Not a Check?** **Online Only** Merchants can use your check's info to be paid directly from your bank account. Know your rights regarding electronic check conversion. 2 pp. 2002. FRB

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Discusses ways to streamline money management, from automatic bill-pay to consolidating accounts. 12 pp. 2011. FDIC

## **credit**

### Identity Theft and Your Social Security Number. 519X. **Free**

Learn how to prevent crooks from using your SSN to steal your identity, and what to do if you've been victimized. 8 pp. 2009. SSA ([en español](#). 838X)

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### Bank Accounts Are Changing. 575X. **Free**

Strategies for keeping checking and savings costs down. 8 pp. 2010. FDIC

### Consumer Guide to Financial Self-Defense. 580X. **Free**

Don't fall prey to financial abuse by your financial advisor. Learn signs of unethical, illegal practices; how to protect yourself. 23 pp. 2010. FCIC

### Fighting Fraud 101—Smart Tips for Older Investors. 578X. **Free**

Retirees are frequent targets of fraud. Learn the psychology of a scam, and how to protect yourself. 3 pp. 2007. SEC ([en español](#). 813X)

### How SIPC Protects You. 570X. **Free**

Learn how the Securities Investor Protection Corporation works to return your assets if your brokerage firm goes bankrupt. 10 pp. 2010. SEC ([en español](#). 825X)

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How to compare funds, what to consider before buying, how to avoid pitfalls. 28 pp. 2010. SEC ([en español](#). 821X)

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What to ask about investment products, your broker's history, performance of investments. 16 pp. 2010. SEC ([en español](#). 811X)

### Saving and Investing: A Roadmap to Your Financial Security through Saving and Investing. 584X. **Free**

Tips, worksheets to calculate net worth, income, expenses. 28 pp. 2010. SEC ([en español](#). 810X)

**Your Insured Deposits.** 574X. **Free** Tells which bank accounts qualify for federal deposit insurance coverage; how to have multiple accounts covered. 25 pp. 2011. FDIC

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How to create a savings plan, prepare to retire. 20 pp. 2010. DOL ([en español](#). 831X)

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Worksheets to help you figure out how much money you need to retire, how to make your funds last. 68 pp. 2010. DOL ([en español](#). 830X)

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Frequently asked questions about the security of pension plans, including benefits and plan termination. 12 pp. 2012. PBGC

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Outlines advantages of hiring people with disabilities; gives 4 simple steps to help you accomplish this goal. 11 pp. 2012. DOL

### Minding Your Own Business: Banking Tips for Small Companies. 601X. **Free**

Tips for small business owners: getting loans; paying for everyday expenses; understanding your rights, responsibilities; guarding against fraud. 8 pp. 2012. FDIC **New**

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Use this full-color map to learn more about our country's heritage by exploring Washington, D.C. 2006. DOI

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<b>FCIC</b>	Federal Citizen Information Center	<b>PBGC</b>	Pension Benefit Guaranty Corporation
<b>FDA</b>	Food & Drug Administration	<b>SEC</b>	Securities & Exchange Commission
<b>FDIC</b>	Federal Deposit Insurance Corporation	<b>SSA</b>	Social Security Administration
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